

110

Blood Sugar Level

*Joe and Charlene
are not just
treating diabetes.*

*They are
beating it.*



Join us. Be Informed. *Take control of your diabetes!*

4 CLASS SERIES HELD MONTHLY MARCH THROUGH NOVEMBER
EVENINGS 6:00 pm to 9:00 pm — Various locations in Montgomery County

CURRENT SCHEDULE - 2010

March	April	May	June
9 16 23 30 Tues Evenings	6 13 20 27 Tues Evenings	6 13 20 27 Thurs Evenings	2 9 16 23 Wed Evenings
Luthern Church of St. Andrews 15300 New Hamp Ave, Silver Spring, 20905	Wheaton Library 11701 Georgia Ave Wheaton, 20902	Poplar Grove Baptist Church 14625 Jones Lane Darnestown, 20878	Stewartown Homes 9310 Merust Lane Gaithersburg, 20876

FREE DIABETES EDUCATION CLASSES *For Prevention & Control*

The African American Health Program invites you to come to 4 free classes designed to help African Americans learn how to manage diabetes and eliminate their higher rates of diabetes complications.

{ Registration Required } Call Diane 301.421.5767

Dinner served: \$5 per class for Montgomery County residents. Additional fees for those not residing in Montgomery County.